



Hormonal method

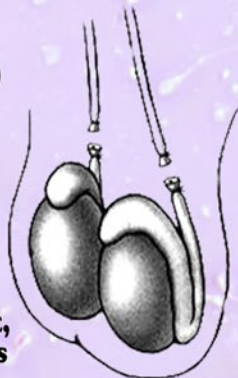
TESTOSTERONE ENANTHATE I.M. INJECTION

- ONE INJECTION A WEEK ON A FIXED DAY
- AVAILABLE: ANDROTARDYL®, TESTOVIRON® DEPOT 250 (~10€ A WEEK)
- NUMEROUS CONTRAINDICATIONS: SMOKING, ALCOHOL, FAMILY HISTORY
- REVERSIBLE AFTER UP TO 18 MONTHS OF USE ACCORDING TO STUDIES
- POSSIBLE SIDE EFFECTS (WHICH MAY REQUIRE YOU TO STOP USING THE METHOD): SEX DRIVE AND MOOD SWINGS, WEIGHT GAIN (USUALLY MUSCLE), ACNE, VASCULAR PROBLEMS
- VALIDATED BY TWO INTERNATIONAL WORLD HEALTH ORGANISATION STUDIES

Surgical method

VASECTOMY (LIGATION OF THE VAS DEFERENS)

- PERMANENT CONTRACEPTION BUT CAN BE REVERSIBLE IN SOME COUNTRIES (UK, USA, CANADA)
- FAST, ONE-OFF OPERATION (15 MINUTES FOR THE "NO SCALPEL" OR MICROSURGICAL VERSION)
- NO ABSOLUTE CONTRAINDICATIONS
- IN FRANCE :
 - MANDATORY 4-MONTH DELAY BEFORE THE OPERATION
 - PRICE ~65€ IN PUBLIC HOSPITAL COVERED BY THE HEALTH INSURANCE, BUT FREQUENT UNREIMBURSED HIGHER FEES WITH INDIVIDUAL UROLOGISTS



None of the methods presented in this leaflet has an immediate contraceptive effect, because they only prevent new spermatozoa from entering the sperm. It takes about THREE MONTHS for the old spermatozoa to be eliminated.

As the appearance of the sperm stays the same, the only way to assess efficacy of the method is to count spermatozoa by carrying out a SPERMOGRAM (sperm test).

SPERM TESTS ARE DONE IN LABS (IN FRANCE: €35 REIMBURSED IF PRESCRIBED). SHOULD BE REPEATED REGULARLY (EXCEPT FOR VASECTOMIES, WHERE TWO SUFFICE).

Contraceptive efficacy similar to the pill if fewer than 1 million spermatozoa per mL of sperm

To ensure the ulterior possibility of biological children, it is possible to freeze and store sperm in dedicated facilities (sperm banks), for artificial insemination (up to legal limits).

Also note that, as people age, even if fertility persists, the quality of spermatozoa DNA deteriorates slowly.

[HTTPS://ZEROMILLIONS.LAUTRE.NET](https://zeromillions.lautre.net)



TESTICULAR CONTRACEPTION MALE BIRTH CONTROL



Thermal (heat-based) method by testicular ascent

SEVERAL DEVICES EXIST AND CAN BE USED BY THEMSELVES OR IN COMBINATION : SEE BELOW
REQUIRES DAILY MONITORING FOR PROPER USE
REVERSIBLE AFTER UP TO 4 YEARS OF USE ACCORDING TO PREVIOUS STUDIES
FEW CONTRAINDICATIONS
ADVERSE EFFECTS IF UNSUITABLE DEVICE USED: SKIN IRRITATIONS, PENILE STRICTURE

JOCKSTRAP



- MAKE YOUR OWN (AROUND €5 MATERIAL FOR ONE)
- LASTS ONE TO TWO YEARS (WITH 5 PIECES)
- LEARN HOW TO MAKE THEM IN "SEWING" WORKSHOPS



TOULOUSIAN BALLS-UP PANTS

- TAILOR-MADE UNDERWEAR
- NOT AVAILABLE ANYMORE (AT DR MIEUSSET'S IN TOULOUSE, FRANCE)

SILICON RING



- NOT OFFICIALLY AVAILABLE, AS EUROPEAN CERTIFICATION IS UNDERWAY
- 5 SIZES AND MORE ELASTIC VERSIONS
- DIY MODELS CAN BE MADE IN "MOULDING" WORKSHOPS
- TWO ARE ENOUGH FOR SEVERAL YEARS OF USE

(Hyper)thermal method by external heating



BOXER SHORTS WITH HEATING RESISTOR

- CAN BE ORDERED ONLINE (~€100)
- DOES NOT REQUIRE TESTICULAR ASCENT
- BATTERY NEEDS TO BE RECHARGED REGULARLY
- NO EUROPEAN CERTIFICATION
- LACK OF KNOWLEDGE ABOUT REVERSIBILITY